

South Dakota Breakfast Muffin or Sandwich²⁰

Number of Servings: 20 (263.21 g per serving)

Amount	Measure	Ingredient
20.00	ea	English Muffin
2 1/2	lb	Egg Whites, raw, lrg
1.00	cup	Milk, 1%, w/add vit A & D
20.00	ea	Eggs, whole, raw, lrg
1/4	cup	Spice, onion, minced, dehyd
20.00	svg	Cheese sauce ⁵
2.00	Tbs	Herb, parsley, dried

Nutrients per serving

Nutrition Facts			
Serving Size (263g)			
Servings Per Container			
Amount Per Serving			
Calories 350		Calories from Fat 100	
		% Daily Value*	
Total Fat 12g		18%	
Saturated Fat 3.5g		18%	
Trans Fat 0g			
Cholesterol 220mg		73%	
Sodium 650mg		27%	
Total Carbohydrate 34g		11%	
Dietary Fiber 2g		8%	
Sugars 6g			
Protein 27g			
Vitamin A 15%		Vitamin C 2%	
Calcium 35%		Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories:	2,000 2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat 9 • Carbohydrate 4 • Protein 4			

Instructions

2 Whole grain bread or toast may be used instead of 1 English muffin for this recipe. If bread or toast is used call it a SD Breakfast Sandwich

Fresh parsley may be used instead of dried parsley

If Bread or Toast is used, eggs and cheese sauce may be served on 1 slice with the 2nd slice being spread lightly with margarine and served on the side.

Combine eggs, egg whites (2 c is 1 pound), minced dehydrated onion, and milk. Use non stick spray in pan(s) that will handle the volume you are preparing. Pour egg mixture in pans and bake in in baking pan (9X13" pan for 15 or 18 serv). Bake 15-25 minutes at 350 degrees, stirring once after 10 minutes of baking and again after 5-15 minutes (should be very soft curds when removing from oven as will continue to cook. Cooking time will vary with yield being prepared and depth of mixture in pans.

Serve 1/2 C serving (#8 scoop) of scrambled egg over 2 English muffin halves or 2 slices whole grain bread or toast.

Serve 1/4 C Cheese Sauce Recipe over eggs and muffin/toast.

Garnish with fresh parsley or dry parsley flakes.

HACCP

Food Handling :

- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.

Cooking :

- Cook to an internal temperature of 145 F for 15 seconds.

Holding :

- Hold for hot service at an internal temperature of 135 F or higher.

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